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THE TORY WHO WILL TAKE ON TRUDEAU
But will Andrew Scheer's youth impress millennial voters?
metroNEWS
THE CANADIAN PRESS

Gatineau and Ottawa linking up on transit plans

TRANSPORTATION

Cities unite for post-Confederation Line world

Alex Abdelwahab
Metro | Ottawa

For the first time, the mayors of Ottawa and Gatineau have signed a formal agreement pledging to work together on transit planning in the capital region.

The Memorandum of Understanding runs from 2018 to 2023, with a review in 2021.

It lays out changes to STO routes in downtown Ottawa once the O-Train Confederation Line opens in 2018 and establishes a joint-planning group with elected and staff representatives from both municipalities.

The exact composition of the group will be announced within 60 days.

The STO transports about 12,000 people from Gatineau to Ottawa every day. Once the Confederation Line opens, buses will no longer go past Parliament Hill.

Instead, they will use Lyon Street to connect with the Confederation Line, some will loop back along Bank Street, while others will continue along Slater and Albert to the Mackenzie King Bridge.

Having buses on Wellington has sometimes been a challenge because of protests or events on the Hill, STO spokesperson Renée Lafrenière said during a technical briefing on Friday.

The change will reduce commute times for 73 per cent of riders, she said, because buses will stop closer to where people are working.

Once the agreement takes effect, the number of buses travelling on Albert and Slater will go down from about 1,400 per day to fewer than 500.

Ottawa Mayor Jim Watson said the agreement will help future transit projects such as the interprovincial train on the Prince of Wales Bridge.

"We both have it on our wish list," Watson said. "We put forward our request for funding from the federal government of $1.1 billion and we're working with them now to sign that agreement and we hope to have some news on that very shortly."

SPONSORED CONTENT

HEADLINE COFFEE

Many rich returns

Peruvian Café de Monteverde

By: Sean Deasy

Café de Monteverde makes Peru worthy of revisiting for coffee lovers

Certain countries have so much to offer that they're worth exploring again and again. The same can be said for some the world's coffee-producing nations. Peru, for instance, produces some of the planet's best coffee, and is a leader in organically grown beans. And when it comes to flavour, the South American coffee giant is certainly no one-trick pony, yielding vastly different types of beans depending on the region.

Café de Monteverde is a perfect example. Located in Rodriguez de Mendoza in the Amazonas region of northern Peru, this co-op actually produces varietals that include Arabica, Typica, Catimor, Caturra, Pache and Catuai.

And that's within just one region: whatever your Peruvian coffee of choice, it's very much the product of its local origin.

"You have different mountain ranges, different sunlight, different shade, different soil, different rainfalls," says Eric Shabsove of Mountain View Coffee in Toronto, chief curator of the Headline Coffee series. "There are all kinds of different micro-climates throughout the country. All this translates into wonderfully unique taste characteristics. Beans from one farm next to another farm won't necessarily taste the same. That's what's exciting about going back to a country like Peru and trying a different region."

Café de Monteverde's coffees are shade grown at an altitude of 1,400–1,800 meters above sea level. Thanks to the micro-climates particular to Rodriguez de Mendoza, growers can harvest all year long, with increased production between April and December. The harvest begins by selecting mature red cherries to ensure a greater concentration of sugars. Beans are then pulped, washed and fermented (fermentation is typically an 18- to 24-hour process).

The outcome is a bean that creates a smooth and well-balanced coffee. It's exquisite taste—delivering on the promise of a wonderful aroma—is a rich body of brown sugar and refined caramel notes. Café de Monteverde coffee may indeed have the perfect ratio of sweetness to acidity, says Shabsove.

Facts & figures

The Café Monteverde co-op was founded in 1989—comprising 12 families with deep roots in agriculture, conservation and education—to better serve the needs of local coffee producers. That meant striving to improve technical support to farmers, encourage best environmental practices and help its members reach international markets.

The significance of opening that door to wider markets cannot be understated.

Shabsove explains:

"Not that long ago, farmers in this region still had very small farms—perhaps half an acre, or two or three acres of land. And they would pick their harvest, come down from the hills with their donkeys or mules, and they try to sell their coffee to the buyers who would be at the bottom of the hill. Sometimes there might have been only one buyer there." Tragically, says Shabsove, these farmers were typically taken advantage of, simply because there wasn't a consistently reliable source of buyers for their coffee. "And so any price, invariably, would have to be the price they got," he laments. "But with the advent of Café Monteverde, it presented all kinds of advantages including, ultimately, by establishing a fair set price."

Repping the region

Today Café de Monteverde represents several producer organizations, including La Flor del Café, comprised of nearly 300 Fairtrade (FLO) and Organic certified producers. The co-op provides technical assistance and training for its members, financing and marketing services and helps manage the producers' organic and Fairtrade certifications.

It also offers mentorship and training to help farmers manage their resources and enhance their agricultural productivity. Individual meetings occur throughout the year covering topics such as soil conservation, pest management, harvesting and cultivation.

These are tangible benefits for farmers who produce high quality coffee, and that includes the provision and installation of solar drying tables and fermentation tanks. These benefits are real incentives for farmers to continually improve their coffee quality and processing techniques.

Sustainability soars

As part of the co-op's commitment to the environment, Café de Monteverde is assessing projects that would benefit their surrounding land and community. Project proposals include efforts to use more efficient irrigation systems, creating a sanctuary for local flora and fauna and developing better waste management systems.

This is organic coffee production at its best: The co-op is deeply involved with their farmers at every stage, including the planting of seedlings, water conservation, maintenance of soil fertility, organic matter composting and organic methods of pest control.

metro NEWS

Your essential daily news

Ellen Vanstone on the etiquette of preferred pronouns. **Views**

Thousands of people braved rain showers to celebrate Canada Day on Parliament Hill in July 2015. THE CANADIAN PRESS

The 2017 Tulip Festival marks the event's 65th anniversary. The tulip eventually became the city's official flower. THE CANADIAN PRESS

Members of Duran Duran headline Ottawa Bluesfest in July 2016. CONTRIBUTED

Festival attendance blooming

TOURISM

Organizer of tulip fest offers insights to other events

Alex Abdelwahab
Metro | Ottawa

As Canada 150 celebrations ramp up in the capital, annual Ottawa festivals are planning for a big boost in attendance.

Earlier this month, the Tulip Festival drew a record crowd of about a million people. After the festival ended, executive director Michel Gauthier said he would use his experience to ensure other festival directors were ready for the crowds this summer.

One of the main ways festivals work together is through membership in Ottawa Festivals, a not-for-profit service organization that includes about 100 festivals and fairs in the city.

"We help to amplify their voice" through networking events and workshops on topics like marketing, finance and security planning, said executive director Carole Anne Piccinin.

"Often festival producers have to make great things happen out of something small," Piccinin said, adding the organization also runs a range of both informal and formal events where festival organizers can give feedback to each other.

The City of Ottawa also works closely with every festival happening in the city through its Event Central team.

> **Often festival producers have to make great things happen out of something small.** Carole Anne Piccinin

Amanda Mullins, senior advisor with Event Central, said the team manages a special events advisory committee that includes emergency services, traffic management, OC Transpo, Ottawa Public Health, and sometimes representatives from a Business Improvement Area (BIA) or the National Capital Commission (NCC) to work with the festival.

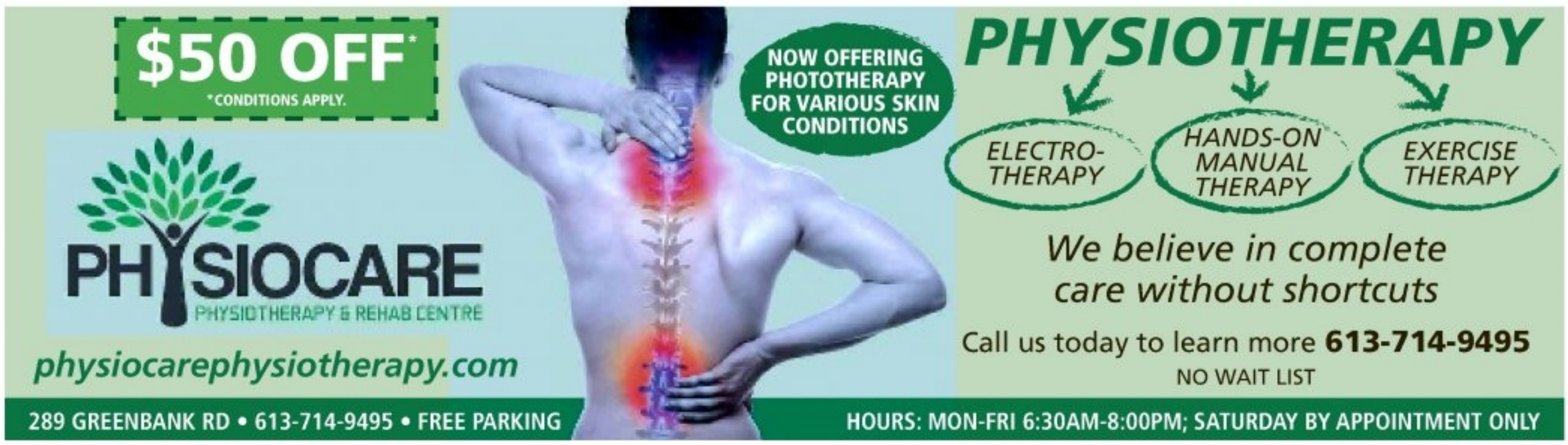
Mullins said the team's job is to ensure festival organizers have properly planned for things like managing traffic, transportation or alcohol to ensure the event is safe and successful for festival goers and that other community members are not negatively impacted.

They also run a formal debrief session after each festival.

Mullins said her office is working with more events this year because of Canada 150, going from an average of just under 500 events a year, to 600 in 2017.

"As a result, co-ordination with festivals is definitely important," she said, giving as an example that the Skyl-ounge event will be working together with the Jazz Festival to coordinate their load in and load out schedule.

"That's not what the customer necessarily sees, but it's really important," she said.



CANCER CHANGES EVERYTHING.
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SARAH METCALFE'S STORY

Sarah Metcalfe has been touched by cancer far too many times. In 1992, with a young baby at home, her husband was diagnosed with bone cancer. After a gruelling cancer treatment, her husband was cancer-free and the family was ready to put the disease behind them. Then over the next 20 years, cancer claimed the lives of Sarah's father, mother and uncles.

In 2011, Sarah went for a mammogram and two biopsies later she was diagnosed with breast cancer. "Cancer is one of the most difficult things to go through," Sarah says. "But there has been so many improvements in the last 20 years so when I was diagnosed with breast cancer, I fixed my sights on being a survivor."

With the support of her family, friends, staff and members at the two Curves locations Sarah owns, the then 53-year-old sailed through treatment: mastectomy, chemo, radiation, and a breast reconstruction.

A month into treatment, a Relay For Life volunteer stopped by one of Sarah's Curves clubs. Sarah shared her story and was invited to the Survivor Victory Lap.

"I was invited to the Survivor Victory Lap at Relay For Life despite still going through treatment – the volunteer told me I'd been a survivor since the very first day I was diagnosed with cancer," Sarah says. "I walked that year with no hair and my husband by my side, the whole experience was so touching."

Sarah just reached her 5 year cancer-free milestone. Every year she comes back to Relay For Life. So far, her team has raised over $24,000. From research to prevention, money raised through Relay For Life supports our work.

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Sprucing up for sesquicentennial

INFRASTRUCTURE

Big renovations ongoing, but not all will be done by July 1

It's dusk on a warm summer evening in Ottawa.

As people emerge from a new light-rail station south of Parliament Hill, they look down the street to the west, to see a glowing glass tower.

They walk towards it, lured by an LED screen projecting a live performance from a theatre across the country.

This is the final dream for the $110.5-million addition to the National Arts Centre, the single-largest, national legacy infrastructure project timed to help celebrate Canada 150.

It just won't happen in time for Canada to blow out its 150 candles on July 1.

For several years, downtown Ottawa has been a flurry of construction. Not all the projects were done with Canada 150 in mind, but parts of downtown are looking quite spiffy, as the city prepares to host its largest-ever influx of tourists.

The first phase of Ottawa's new light rail system under downtown was never supposed to be finished for Canada 150, but the original project agreement included a clause that would have downtown streets "restored to pre-construction configuration before the 2017 Canada Day celebrations."

A recent update given to Ottawa city council says construction will be halted for the Canada Day weekend and streets will be cleaned for it.

As for the NAC, the first floor of the new 5,500-square-metre expansion will open on Canada Day. The "lantern" glass tower with the LED projectors and the rest of the second floor will be ready in October, followed by a new 600-seat conference and events room next February.

The city will see other additions this summer. The National Gallery will open new Canadian and Indigenous galleries on June 15. Across the Ottawa River at the Canadian Museum of History, one of three main sites for the national Canada Day festivities, a new $30-million Canada History Hall will open July 1.

There will still be a lot of construction on July 1. On Parliament Hill, cranes, scaffolds and construction fencing will loom large around the West Block. On the edge of the Rideau Canal, the city's old railway station is being refurbished to house the Senate when Centre Block closes for restoration in 2018.

THE CANADIAN PRESS

A construction worker take measurements as construction continues at the National Arts Centre as part of renovations designed to celebrate Canada 150. THE CANADIAN PRESS

LANGUAGE RIGHTS

PC MPP ousted from caucus

Controversial Progressive Conservative MPP Jack MacLaren was kicked out of caucus Sunday after a video from 2012 emerged showing him hinting at a hidden agenda and making negative comments about French language rights.

Progressive Conservative Leader Patrick Brown called it the "final straw."

"Each time Jack MacLaren is caught making disparaging or insensitive remarks about others he asks for forgiveness and a second chance. And a third chance. And a fourth," Brown said Sunday in a strongly worded statement. "And each and every time, he has disappointed those who have put their trust in him."

MPP Jack MacLaren TORSTAR

MacLaren (PC — Carleton-Mississippi Mills) is expelled indefinitely from the PC caucus and will not be a candidate for the party in next year's provincial election, Brown said.

The video, posted online by Ottawa radio station CFRA, shows Jack MacLaren talking to a group and agreeing with people lamenting French language rights in eastern Ontario.

"You don't have to convince me what's wrong with French language in eastern Ontario," MacLaren says.

"You're right, but you won't hear it, because we're trying to get elected."

THE CANADIAN PRESS

GRIDLOCK RACE WEEKEND DRAWS THOUSANDS Runners along Elgin Street take part in the half marathon during the Ottawa Race Weekend, on Sunday. The event, billed as Canada's largest running weekend, attracted over 43,000 participants over six events; 13,438 runners competed in the half marathon. THE CANADIAN PRESS

HEALTH

Boost for cancer research

A researcher at CHEO got a boost for his work last week that aims to use viruses to save cancer patients.

Among a group of grants announced last week Dr. David Stojdl, got a $2.2-million grant from the Ontario Institute for Cancer Research.

The grant will allow Stojdl to take his idea into clinical trials, which could ultimately lead to a treatment for patients suffering with glioblastomas, a type of brain cancer that can be fatal.

"Having that pocket of money to be able to traverse to that next step is really important for us," Stojdl said

Stojdl's team uses an engineered virus that latches onto tumour cells and allows the body's own immune system to attack them.

"It has to have slipped past the immune system for you to actually have a malignant tumour," he said. "Our virus therapy is a process by which we can re-establish that defence mechanism."

He said the virus helps the immune system identify and destroy the tumour cells.

"It's almost like a little rag you give to a sniffer dog so that it knows what to look for."

Stojdl said the grant will help move the treatment from the lab to patients, but it will take some time before it's available to everyone.

RYAN TUMILTY/METRO

Anglican churches spread the word on naloxone kits

OPIOIDS

Over 1,000 trained to use overdose prevention kit

Ryan Tumilty
Metro | Ottawa

Anglican churches across Ottawa are now spreading a gospel of a different kind, teaching people to use naloxone to prevent fatal opioid overdoses.

Rev. Monique Stone held a meeting at her church in Carp earlier this year, after unsuccessfully trying to get a naloxone kit to have on hand for New Year's Eve.

Stone tried five pharmacies and found none was offering the free kits. Eventually, she linked up with Vanier pharmacist Mark Barnes and they got the idea of hosting a training session.

"Within 24 hours, I said let's just run one of these and see what happens," said Stone. "It basically blew up in this strange way."

She said that first session had 75 people and after a training session with local clergy the numbers have only continued to grow and she believes over 1,000 people have been trained.

"I just basically planted a seed and these workshops just keep going," she said. "I no longer even know how many are doing it, because every time I turn around someone is."

Stone said the church is a unique position to run these training sessions, because they don't need a complex approval process. "All of these hoops that other organizations might have we don't have."

She said running the training sessions might seem out of place, but it's entirely within the churches' mandate.

"Our church communities are involved in the whole person, so why would we not be involved in this issue, which is a crisis," she said. "We have a defibrillator here in the church and there is a naloxone kit in the box."

Stone said she's offered to take anyone, especially young people, to a pharmacy to get a naloxone kit if they're embarrassed or afraid.

"I have big shoulders. I can take any judgment."

She said the sessions have been a good opportunity for people to ask questions in an open and non-judgmental place.

She said ideally people wouldn't be using drugs at all, but the church is preaching safety above all else.

"I'm not talking about church stuff at all at these things," she said. "We do say don't use drugs, but at the same time we're not preaching that."

> **I'm not talking about church stuff at all at these things.**
> Rev. Monique Stone

FLOODING

Cleanup ahead of schedule

Alex Abdelwahab
Metro | Ottawa

An enthusiastic response by volunteers, led the flood cleanup in West Carleton to wrap up early over the weekend.

The City of Ottawa had asked for volunteers to report to the Constance Bay Community Centre to help flood-impacted individuals and families, but by noon on Sunday, it reported that no further volunteers were required and the weekend sandbag cleanup had finished ahead of schedule.

> **This response exemplified Ottawa's reputation of a large city with a small-town heart**
> City of Ottawa statement

"The City wishes to thank the many volunteers who took time, or were planning to take time, from their weekend to help those who were devastated by the floodwaters earlier this month," it said in a statement.

"This community response exemplified Ottawa's longstanding reputation of being a large city with a small-town heart – ready to rally support behind those in need."

The weekend cleanup operations spanned across the area of Constance Bay, Dunrobin and Fitzroy Harbour.

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POLITICS

Trudeau, Scheer talk trade in first call

New Conservative leader Andrew Scheer's victory speech was peppered with attacks on Prime Minister Justin Trudeau.

But on Sunday, the two spoke by phone in the aftermath of Scheer's win, one that now also makes him the official Opposition leader in the House of Commons.

Trudeau called Scheer from Italy, where the prime minister is currently on a state visit following the G7 summit.

"They discussed issues of importance including making Parliament work for Canadians and the important relationship with the United States," read a statement from the Prime Minister's Office.

"They agreed to meet in person in the coming weeks."

Despite the proforma call, the Liberals have not wasted time attacking Scheer, either, painting him as an extremist, with his call for an end to federal funding for universities that don't guarantee free speech on campus.

They also released a new video about positive politics Sunday, drawing on a two-year old speech from Trudeau to showcase him as an inclusive leader, in an apparent contrast to Scheer's socially conservative roots.

It's likely to be some time before Scheer and Trudeau face-off there however, as the prime minister is out of the country for most of the coming week.

Still, Scheer is expected to lead off question period on Monday, after a morning meeting with the 98 other members of Parliament who make up his caucus.

Current NDP leader Tom Mulcair posted his congratulations to Scheer in a message on social media.

THE CANADIAN PRESS

Andrew Scheer, centre, newly elected leader of the Conservative Party of Canada, celebrates with his rival Maxime Bernier, left, following his win at the party's convention in Toronto on Saturday. GETTY IMAGES

Moment of youth for Tories

LEADERSHIP RACE

Can Andrew Scheer lure young voters from Liberals?

Ryan Tumilty
Metro | Ottawa

With Andrew Scheer, the Conservative Party picked the youngest leadership choice available this past weekend, but it's unclear whether that will be enough to attract key younger voters.

At 38, Scheer is younger than Prime Minister Justin Trudeau or current NDP Leader Tom Mulcair.

The Conservatives lost in 2015, not because their core support left them but because a new crop of 18- to 34-year-old voters turned out to support Justin Trudeau.

James Hawkes, 25, is among Scheer's supporters. Joined by fellow party members in Saskatoon, where he is involved with campus Conservatives, he watched his preferred candidate come to victory. Hawkes has no doubt Scheer will be able to bridge the generational divide.

"He's the closet thing we have had to a millennial in any of the major parties," he said. "Andrew is going to appeal to youth, definitely."

> Despite Andrew Scheer's appearance and age they picked the wrong candidate to appeal to millennials. Quito Maggi

Hawkes said millennials don't all think the same way and Scheer's pledge to remove funding from universities that don't protect freedom of speech will have broad appeal.

"They don't feel they're allowed to speak about what matters to them and their beliefs on various topics."

Quito Maggi, president of Mainstreet Research, polled extensively on the race. He said even though Scheer is younger he's unlikely to tap into the youth vote.

"Despite Andrew Scheer's appearance and age they picked the wrong candidate to appeal to millennials," said Maggi. "With his ideology, with his policy background, I don't think he is going to have an easy time."

He said Scheer's social conservatism — even if he is committing not to legislate on it — is going to be a tough sell for younger voters.

Maggi said he believes Scheer is banking on those voters staying home or gravitating to a new NDP leader in 2019.

"He's not interested in increasing the size of the Conservative tent," he said. "There is no real interest in reaching out."

Scheer, a father of five, had one message to younger voters in his acceptance speech Saturday night.

"We have to get a grip on this out-of-control spending. It's not fair to future generations of Canada," he told supporters. "I cannot allow Justin Trudeau to do the same thing to my five children that his father did to my generation."

ITALY

PM to raise residential school apology with Pope

Prime Minister Justin Trudeau plans to raise reconciliation with Indigenous peoples, the global fight against climate change and the importance of religious and cultural diversity when he meets with Pope Francis at the Vatican on Monday.

There, he will also ask the pontiff to issue a formal apology in Canada for the role of the Catholic Church in the residential school system.

The Truth and Reconciliation Commission included the demand for a papal apology — to survivors, their families and communities — among the 94 recommendations in its report on the dark history and legacy of residential schools.

The Liberal government has promised to act on all of them.

Trudeau, in Rome this week following his participation at the NATO and G7 summits, wants to promote trade and other ties with Italy.

THE CANADIAN PRESS

150 WAYS of looking at Canada

POSTCARD NO. 117

SURREY, B.C.

SO GOOD, SO SURREY... I'M FROM QUEBEC BUT SURREY STOLE MY HEART. STUNNING SCENERY, SOCIABLE SOCIALS — SO LONG SLACKERS I'M STAYING IN SURREY. LOL ... SERIOUSLY SUPER SUNSETS! **JULIE ABBEY**

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Each day until July 1, Metro will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page. Get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. Email us at **scene@metronews.ca** or post to Instagram or Twitter with the hashtag **#150postcards**.

Britain remains on high alert

TERROR

More arrests made in attack on Manchester concert

British police made two more arrests and stormed three more locations Sunday as they hunted for suspects in the Manchester bombing, while a government minister said members of attacker Salman Abedi's network may still be at large.

Greater Manchester Police said two men — one 25 years old and the other 19 — were arrested in the city on suspicion of terrorist offences. Eleven other men between the ages of 18 and 44 also were in custody.

Most of the searches and arrests since Monday night's bombing have been in multi-ethnic south Manchester, where Abedi the son of Libyan parents — was born and raised.

Police say that 1,000 people are working on the investigation, trying to track down Abedi's accomplices and piece together his movements in the days before he detonated a bomb at an Ariana Grande concert. The explosion killed 22 people — including seven children under 18 — and injured more than 100.

People stop to observe a minute of silence in St Ann's Square, in central Manchester, on May 25. GETTY IMAGES

Abedi died in the blast. Investigators say they have dismantled a large part of his network, but expect to make more arrests.

"The operation is still at full tilt," Home Secretary Amber Rudd said, adding that some suspects could remain at large.

"Until the operation is complete, we can't be entirely sure that it is closed," she said.

British police now have 13 suspects in custody — including Abedi's elder brother Ismail — and have searched properties across Manchester, a city in northwest England. Another brother and Abedi's father have been detained in Libya. Police have released surveillance-camera images of Abedi on the night of the attack that show him dressed in sneakers, jeans, a dark jacket and a baseball cap. The straps of a backpack are visible on his shoulders.

Authorities are appealing for more information about his final days. They say he returned to Britain from Libya on May 18, and likely completed assembling his bomb at a rented apartment in central Manchester.

THE ASSOCIATED PRESS

STATEMENT

American singer Ariana Grande says she will return to Manchester for a benefit concert to raise money for attack victims and their families. Grande tweeted a statement saying details are still being finalized.

WHITE HOUSE

Trump eyes staff overhaul

President Donald Trump is considering overhauling his White House staff and bringing back top campaign strategists, frustrated by what he views as his team's inability to contain the burgeoning crisis involving alleged Russian meddling in the 2016 election.

Expanding teams of lawyers and experienced public relations hands are being recruited to deal with the drumbeat of new revelations about Moscow's interference and possible improper dealings with the Trump campaign and associates. The disclosures dogged the president during his first trip abroad since taking office and threaten to overwhelm and stall the agenda for his young administration.

As he mulls outside reinforcements to his operation, Trump returned late Saturday from his nine-day journey to a White House seemingly in crisis mode, with a barrage of reports hitting close to the Oval Office and involving Jared Kushner, his son-in-law and influential adviser.

After maintaining a limited social media presence throughout his trip, Trump on Sunday unleashed a furious flurry of tweets, lashing out at what he called the "fake news" media.

Trump's lawyer, Marc Kasowitz, joined a still-forming legal team to help the president shoulder the intensifying investigations into Russian interference in the election and his associates' potential involvement. More attorneys with deep experience in Washington investigations are expected to be added, along with crisis communication experts.

"They need to quarantine this stuff and put the investigations in a separate communications operation," said Jack Quinn, who served as White House counsel for President Bill Clinton.

THE ASSOCIATED PRESS

MARAWI

Philippines pounds militants as civilians found shot dead

Philippine forces found corpses in the streets of a besieged southern city on Sunday, including at least eight civilians who appeared to have been executed, as soldiers battled a weakened but still forceful group of militants linked to Daesh. The death toll from six days of fighting neared 100.

The crisis in Marawi, home to some 200,000 people, has grown increasingly dire as the militants show unexpected strength, fending off a military that has unleashed attack helicopters, armoured vehicles and scores of soldiers.

The violence prompted President Rodrigo Duterte on Tuesday to declare 60 days of martial law in the southern Philippines, where a Muslim separatist rebellion has raged for decades. But the recent bloodshed in Marawi has raised fears that extremism is growing as smaller militant groups unify and align themselves with Daesh.

Much of the city is a no-go zone, but as the military advances and more civilians escape, the scope of the battle is becoming clear.

Thousands of civilians have streamed out of Marawi and more than 2,000 were still trapped inside the city. Many sent desperate text messages begging to be rescued and reporting that their homes had been destroyed, said Zia Alonto Adiong, an official in Lanao del Sur, one of the country's poorest provinces.

"Have mercy on us, we don't have any more water to drink," read one of the messages, sent to a hotline set up for trapped residents.

The Associated Press was shown the messages by relief workers at a provincial government complex in Marawi. Another message asked authorities to retrieve three bodies that were rotting near a resident's home.

Speaking at the evacuation centre on Sunday, Saddat Liong said his house was hit by mortar fire and burned to the ground. Liong, his wife and eight children lost everything, he said — even their cooking pots.

"I feel that we've lost our city," he said. THE ASSOCIATED PRESS

Philippine marine forces manoeuvre through a street on their way to an assault in Marawi on Sunday. GETTY IMAGES

FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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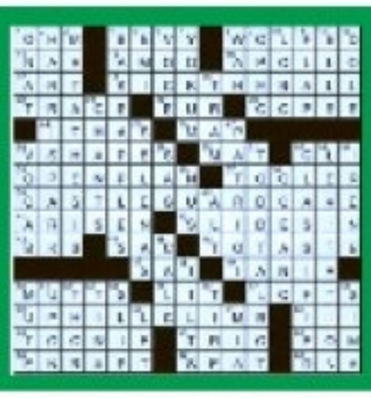

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URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION
Do I have to refer to someone by their preferred pronouns?

Dear Ellen,

My 22-year-old son has a friend who looks and sounds female to me, but he says she is "non-binary," meaning not male or female, and she does not want to be called "she" or "her" anymore. Instead, I'm supposed to call her "they" or "them." I try my best, but I find it all very confusing and often forget to use the correct pronoun, which makes my son furious. He says I'm being terribly rude and insulting, but isn't it a bit rude to expect me to change how I talk just to accommodate someone else's radical political views?

Confused Mom

Dear Confused Mom,

Wowza, ma'am. You have opened a giant tinderbox here, but it's a good one, and increasingly relevant, so let's discuss.

First, consider a similar language issue from another era. Before the term "Ms." came in, men were identified as "Mr.", regardless of marital status, while women were identified as "Mrs." or "Miss." In other words, with a simple honorific, society instantly divided women into married (off limits, i.e., sexually unavailable) or single (sexually available if young, or proven sexual reject if older).

Many chauvinists (male and female) fought the use of "Ms.", suspecting (correctly) that it threatened the patriarchal status quo by chipping away at how female humans overall are seen and defined. But in terms of etiquette, the rules are on the side of "Ms." — that is, if you believe "etiquette" means treating all human beings as equal (which it does). Simply put, all humans are equally entitled to keep their marital status private in public and on paper. So the use of Ms. has rightly prevailed, and we should all use it, unless a woman insists on being called Mrs., in which case one should politely respect her wishes to be so identified.

Your non-binary pronoun question is complex, but similar. The request feels unreasonable because it doesn't make sense to people who grew up thinking the world was male or female, period. It helps if you try to understand that "being" male or female, or neither, is not a choice or a "radical political view." It's a real feeling, rooted in a sense of personal identity.

But whether you understand this or not, or like it or not, the right thing to do is respect your son's friend's request and make an effort to use the neutral pronoun.

Don't worry if you make mistakes — as long as you proceed in good faith and make an honest effort, they can be politely patient with, and appreciative of, broad-minded you.

Need advice?
Email Ellen:
askellen@metronews.ca

VICKY MOCHAMA

With reality-TV flair, Conservatives chose the 'nice guy' leader

Poised to pick a bombastic-yet-unknowing reality TV businessman then finding a leading contender in a Quebec libertarian, the Conservative Party of Canada picked a man who definitely has a Wikipedia page.

The Saturday night selection was done with a dramatic panache worthy of some of the best reality television producers. It is a nail-biting style that, let's be honest, I did not think the Conservatives had.

Polls closed at 4 p.m., but the party didn't announce a leader until well into the evening.

This could be thanks in part to the fairly technical way the party votes for its leader, involving ranked ballots and a complex points system.

Back in 2004, they had to figure out all this by hand, but this year the process has been automated.

In all likelihood, the computer had already done the math by 4:30 p.m., and was onto planning world domination by the time the Conservatives crowned Scheer.

But why squander the chance to own the airwaves? And why not become a trending topic on social media where I, a millennial without cable, could follow along as people united to hate on Kevin O'Leary?

The producers of America's Next Top Model, The Bachelor, Survivor, Project Runway and other fine reputable fare could not have done better. It would only have been more delightful if, in Andrew Scheer's first speech as leader, he announced that he wasn't here to make friends.

In round after round, Maxime Bernier led the ballots until the very last one in which Scheer *juuust* outscored him.

In many ways, it reminded me of the first season of Paradise Hotel when after a season of mostly being ahead, Dave, an affable kind man, ended up being screwed over by his partner, Charla, a "nice girl" with the heart of a super villain.

Sure, the nice guy won on Saturday, but at what cost?

For most Canadians, Scheer is not well known. A field of 14 candidates during an unruly time did not help him. As the country heads towards the 2019 election, the stakes are high: modest overall economic growth is being challenged by a recession affecting Calgary and Edmonton, and a heated housing market in Toronto and Vancouver — while internationally, an overgrown and dangerous infant threatens the stability of global peace.

The party managed a couple hours of drama. Now they'll have to produce several seasons of the Scheer Show.

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STRANGER THAN *fiction*

Trump presidency renders House of Cards irrelevant

Kevin Spacey and Robin Wright return for a fifth season of House of Cards. CONTRIBUTED

Tony Wong
life@metronews.ca

Spoiler alert: Story has details of previous seasons

Frank Underwood is a killer.

We know this because the fictional president once shoved a reporter in front of a subway car. Finely and indulgently played by Kevin Spacey, Underwood is mercurial, cunning and the most dangerous man on television.

Yet current events have conspired to make the infamous fake president seem reductive and, improbably, smaller than life.

House of Cards returns for a fifth season, with Spacey and first lady Claire Underwood (Robin Wright) as the rulers of an alternate Camelot, a kind of sociopathic Bill and Hillary Clinton. At any other time this would be substantive, trippy entertainment. The darkness of the show played well during the seeming naïveté of an Obama administration.

And then came Donald Trump.

Spacey plays Underwood on TV like it was written by Shakespeare, a politician who plays three-dimensional chess when the other guys are playing hopscotch after a dozen beers. The beauty of House of Cards was that it took you deep into the bowels of the West Wing, while our anti-hero president vanquished foes like a true Master of Whisperers. It sometimes took an entire season to pass a crucial piece of legislation using those dark arts. But the details were exquisite.

Now there is Trump. Suddenly it's apparent that you don't need experience, or smarts, or even a basic understanding of world affairs to be president. While Spacey's playbook is right out of Machiavelli's The Prince, Trump is absurdly cartoonish, his clumsy manoeuvres stolen from WrestleMania. That's not surprising, since the president sits in the WWE Hall of Fame.

With Trump we have learned that sophistry does not win you points. Or an election. Why be like Frank Underwood, delicately tap dancing through congress when the blunt instrument of an executive order is far more to the point?

TELEVISION

House of Cards

- Season 5 premiers Tuesday on Netflix.
- Creator Beau Willimon has left, leaving veteran writers Melissa James Gibson and Frank Pugliese to take over as showrunners.

With the fictional President Underwood, the devil is in the details. And he'll tell you so himself, as the new season returns to breaking the fifth wall. Underwood plays to the camera, gleefully relaying the mischief he's up to. You only wish he had a handlebar moustache to twirl when he's doing it.

Trump doesn't care about the fine print, and so far, despite stumbling past his first 100 days, he's still gamely hanging on, a wounded, angry creature. Underwood's southern charm is benign by comparison.

Like HBO's comedy Veep, about a narcissistic, over-the-top politician clinging to power played by Julia Louis-Dreyfus, House of Cards has been usurped by reality. It's hard to satirize a president who is satirizing himself.

Still, House of Cards has often veered into excess, sharing more DNA with Veep than All The President's Men as it careened from drama to black parody.

That seemed evident last season when the president decided to put his wife on the ticket as the vice-president. That sort of nepotism would be laughable — and arguably, it detracted from the realism of the show.

But then Trump put his daughter Ivanka in the White House and let his son-in-law Jared Kushner handle foreign affairs, all the while continuing to blatantly profit in his business from political connections while a special investigator decides whether his staff was colluding with Russians.

Rest in peace, House of Cards. You delivered a decent season with fine performances. But the world has, incomprehensibly, passed you by. TORSTAR NEWS SERVICE

The characters played by Andre Braugher and Terry Crews have different thoughts on how to combat racism in Episode 16 of Season 4. CONTRIBUTED

JOHANNA SCHNELLER WHAT I'M WATCHING

Comedy toes the racial line on Fox

THE SHOW: Brooklyn Nine-Nine, Season 4, Episode 16 (Fox/City)
THE MOMENT: Picking a battle

Policeman Terry Jeffords (Terry Crews) was stopped and cuffed by a white cop just for walking down his own street. When he tried talking to the cop later, the cop justified his actions. So Terry asks Captain Holt (Andre Braugher) to file a formal complaint.

To his surprise, Holt refuses. "That complaint could backfire," Holt says. "I don't want to see your career derailed."

"I wasn't harassed for being a cop," Terry says. "I was harassed for being a black man."

"I'm not saying do nothing," Holt says. "I'm saying the most powerful action you can take is to rise through the ranks, so you can make large-scale changes."

Later in the episode Holt files the complaint — after admitting to Terry that he fell victim to old thinking. As a gay, black cop, he had to play it safe to rise. But why does he have power now, if not to use it?

This scene is interesting for two reasons. First, it's fascinating to watch two black characters having a dialogue about the best way to combat racism on a light-hearted, mainstream U.S. network sitcom.

Second, that U.S. network is Fox. On and off since the 1970s, sitcom writers have used their comedies to address so-called taboos and to break down viewers' prejudices against marginalized people — rape on All in the Family, biracial marriage on The Jeffersons, homosexuality on Ellen.

But teaching viewers about racial profiling on the network that serves as the mouthpiece for Donald Trump? Well, these are turbulent cultural times indeed.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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ISTOCK

7 ways a budget helps you

ADVICE

Financial plans often misunderstood

Gail Vaz-Oxlade
For Metro Canada

People always seem to want to debate the validity of a budget. Second only to insurance, budgets are the most misunderstood financial tool around.

People see them as constraining, like a too-tight pair of shoes that pinch and rub. People see them as rigid; think full-body cast. People see them as impossible, as in, "I've made lots of budgets but they never work!"

Budgets do work, and here are seven reasons to have one:

1. A budget is a plan
It's a reflection of your choices for how you will spend your hard-earned money. Without the plan, you're driving down the road with a blindfold on and it's only a matter of time before you run into the ditch.

2. A budget is a gauge
It lets you see if you are living within your means. With easy credit, it is much harder to see that you're not making ends meet because you can fool yourself into thinking you've got it covered. If you have a budget and you faithfully plug your numbers in, the budget will tell you the truth.

3. A budget gives you control
You have dreams of things you'd like to have, places you'd like to go, experiences you'd like to ... well ... experience? With a budget, those dreams and aspirations don't have to go ignored because you keep getting to the end of the money before you get to the end of the month.

4. A budget anticipates expenses
Without a budget, people think of most of their less regular expenses as "unexpected." Having forgotten about the car insurance bill that comes once a year, they're shocked and surprised when the bill arrives. With a budget, not only would you know when to expect the bill, you'd have set aside 1/12 of the total each month so paying it would be no problemo.

5. A budget keeps you focused
It's a lot harder to spend willynilly when you're on a budget because you've accounted for where the money is going down to the last red cent. If you find a category isn't working because there's not enough in it, you have to cut from another category to make the budget balance. But every cent is accounted for. No surprises.

6. A budget eliminates squabbling
If you're mated to one of those people who have no self-control, a budget can be a relationship rescuer since it will reduce arguments about money, as in, "not until we put it in the budget."

7. A budget reduces stress
Perhaps the biggest benefit reported by people who finally get on a budget is that their stress is way reduced and they find that they sleep better! Following a budget means you eliminate unnecessary worrying over money and debt. You're confident that everything is figured out, and as long as you follow the budget, you've created a plan that will get you to where you want to be.

For more money advice, visit Gail's website at gailvazoxlade.com

$ MAKING DOUGH PRISON PIZZA PROGRAM

Inmates score perk of ordering gourmet pizza

How can you get a gourmet Italian pizza delivered right to your door for no more than $7? Get locked up at Cook County Jail in Chicago.

Inmates in the jail's medium-security Division 11 can now order pizzas made with the finest ingredients in the kind of ovens found in pizzerias. It's all part of Sheriff Tom Dart's ongoing effort to make jail a bit more humane while providing inmates skills that might help keep them from returning once they're set free.

The inmates have a hand in baking a couple hundred pizzas a week in a $16,000 oven and deliver them piping hot to the cells of captive customers.

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ACTIVISM

Keys, Canada's Indigenous right movement awarded

American recording artist and humanitarian Alicia Keys believes a change is coming, as people in both Canada and the United States wake up to the fight against inequality and injustice.

"There's a veil that's lifted so we're not able to say anymore, 'I didn't know that,'" she said Saturday in Montreal, where she was honoured for her activism.

The 15-time Grammy winner received Amnesty International's Ambassador of Conscience award which she shared with members of Canada's Indigenous rights movement.

The award is presented each year to an artist and an activist who have stood up to injustice, inspired others and furthered the cause of human rights.

In an interview with The Canadian Press, Keys said she sees similarities between the struggle of Indigenous communities in Canada and that of communities fighting for equal treatment in the United States.

"If an Indigenous person is killed there's no coverage on the news," she said. "It's similar in America, where if a brown or a black person is killed there's much less coverage.

"You start to see how our struggles and the issues we all care about are similar no matter where we live and I think that's bringing us together so much more, as humanity, as people."

Alicia Keys, centre, greets Indigenous rights activists Melanie Morrison, left, and Melissa Mollen Dupuis in Montreal Saturday. GRAHAM HUGHES/THE CANADIAN PRESS

Keys, who shot to fame as a songwriter and R&B artist, is known for her philanthropic work, including as co-founder of Keep a Child Alive, a non-profit providing treatment and care to families affected by HIV in Africa and India.

She also co-founded a group that encourages young people to mobilize for change and speak out on issues such as gun violence and criminal justice reform.

She said she believes people are increasingly aware of social inequality and are ready to do something to fight it.

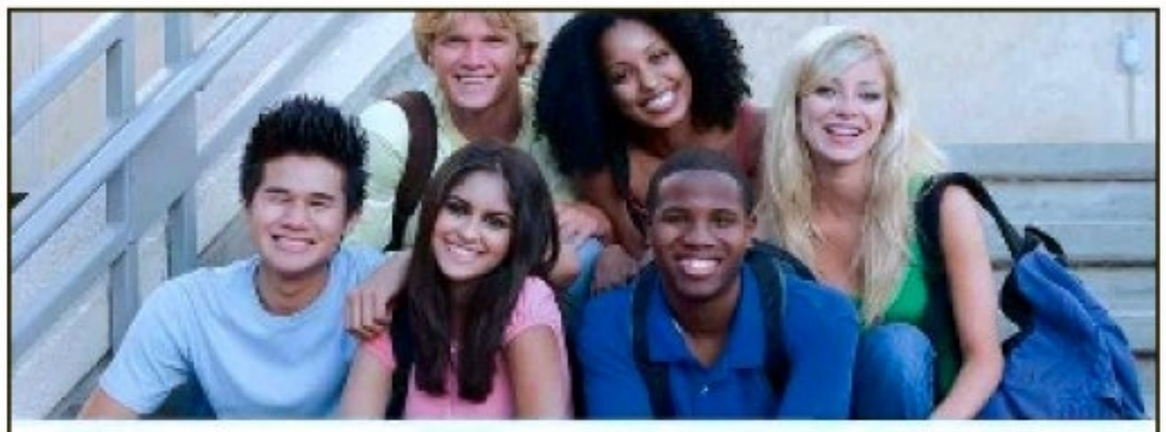
"I do feel thoroughly confident that it's raising such a powerful energy among the people — us the people. We are really feeling how important it is to be vocal and to take our beliefs and what we see around us and not accept it as it is."

On hand to accept the award on behalf of Canada's Indigenous rights movement were Quebec Idle No More founders Melissa Dupuis and Widia Lariviere, Inuk writer Delilah Saunders and activist Melanie Morrison.

"It's amazing that the fight we're having across Canada on so many different issues is finally being taken notice of," Morrison said.

Morrison added she hoped the award would pressure the Canadian government to "follow through on their promises to indigenous people" and act on issues such as problematic policing, the need for clean water on reserves and the lack of progress on the national inquiry. THE CANADIAN PRESS

> **It's amazing that the fight we're having across Canada on so many different issues is finally being taken notice of.** Melanie Morrison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Director Ruben Ostlund poses on stage after The Square was awarded with the Palme d'Or on Sunday. ALBERTO PIZZOLI/AFP/GETTY IMAGES

Square pegged for Palme d'Or

CANNES FILM FESTIVAL

Rare feat for comedy to win coveted award

The Cannes Film Festival awarded its coveted Palme d'Or award to Ruben Ostlund's Swedish comedy The Square on Sunday, while Sofia Coppola became only the second woman to win the best director award.

"Oh my god! OK," the Swedish filmmaker exclaimed after he bounded onto the stage to collect the prestigious Palme, in a rare and somewhat surprising win for a comedy.

In The Square, Claes Bang plays a museum director whose manicured life begins to unravel after a series of events that upset his, and the museum's, calm equilibrium. The movie's title comes from an art installation that Bang's character is prepping, which invites anyone who enters a small square to be kind and generous.

The film's satire and exploration of moral dilemmas culminated in one of the festival's most eye-catching scenes. A muscled, grunting man pretending to be a gorilla upsets a black-tie dinner for the museum, sniffing attendees and dragging a woman by the hair.

The president of the Cannes jury, Spanish filmmaker Pedro Almodovar, praised the film for exploring the "dictatorship" of political correctness and those trapped by it.

"They live in a kind of hell because of that," Almodovar said.

"It's clever. It's witty. It's funny. It deals with questions so important," said French actress and filmmaker Agnes Jaoui, a member of the jury that also included Americans Will Smith and Jessica Chastain.

Most odds makers didn't have The Square as a favourite to win the prestigious Palme d'Or, the top prize awarded at Cannes.

Coppola won best director for The Beguiled, her remake of Don Siegel's 1971 Civil War drama about a Union soldier hiding out in a Southern girls' school. Hailed as Coppola's most feminist work yet, the remade thriller told from a more female point of view stars Nicole Kidman and Kirsten Dunst, with Colin Farrell playing the wounded soldier.

Coppola was one of three female filmmakers out of 19 in competition for the Palme this year. The first — and until now, only — female winner of the best director prize was Soviet director Yuliya Ippolitovna Solntseva in 1961.

Diane Kruger and Joaquin Phoenix GETTY IMAGES

Diane Kruger was named best actress and Joaquin Phoenix best actor as the festival celebrated its 70th anniversary.

Kruger was honoured for her performance in Fatih Akin's In the Fade. She played a German woman whose son and Turkish husband are killed in a bomb attack.

Phoenix was recognized for his role in Lynne Ramsay's thriller You Were Never Really Here, in which he played a tormented war veteran trying to save a teenage girl from a sex trafficking ring.

THE ASSOCIATED PRESS

SHUT OUT

- There were no prizes for the first Netflix releases selected to be in competition for the Palme d'Or: Bong Joon-ho's Okja and Noah Baumbach's The Meyerowitz Stories.
- The Netflix selections prompted protests from French movie distributors and led Cannes to rule out, beginning next year, streaming-only films.

Using farmers to save badgers

CONSERVATION

Endangered creatures rely on the help of farms to live

Owen Roberts
Urban Cowboy

Ontario's 200 endangered badgers are hanging on by a thread. And their habitat — perhaps even their future — depends a great deal on farmers.

Badgers live in burrows around the perimeters of farmers' fields and creeksides. They're common in Western Canada and parts of the U.S., where they're sometimes scorned for leaving holes that can ruin expensive farm equipment.

But not in Ontario. Here, badgers are scarce and elusive.

Biologist Josh Sayers, leader of the Ontario Badger Project, a conservation program to save the grizzled grey creatures, calls them "ghost-like."

Indeed, because they're nocturnal, few people ever see them. Plus, they have a huge range that they move within every few days. One badger around Tillsonburg, Ont., called 80,000 acres home. That encompasses many farms.

"Because badgers' range is so broad, we need farmers to work together to help maintain habitat," says Sayers. "Nearly all of our work takes place on farms. For badgers, agriculture is huge."

Sayers has worked with farmers for eight years to help badgers survive. Through farm visits and through the project's website, he answers questions about these mysterious creatures — their distribution and abundance, habitat, prey (they're carnivores), mortality, and how they fit into the agricultural landscape of southern Ontario.

It's an uneasy existence for badgers here. This is the eastern fringe of their continental range, so they were never very plentiful here to begin with. And it doesn't take much to disrupt their ecosystems, like cities swallowing up Ontario farmland.

That makes farmers' conservation efforts even more important.

But even at the best of times, how do you keep track of 200 badgers in a province the size of Ontario?

Well, besides registering activity such as burrows and sightings (including road kill — see sidebar) Sayers and a handful of others, including researchers at the University of Guelph, have outfitted 10 badgers with small radio transmitters.

Through a dozen motion-activated trail cameras (sorry, no badger cam) strategically placed near known burrows, they monitor the animals' movement.

Such remote surveillance beats trying to follow a badger on foot, from county to county, or meeting one face to face, especially if it feels threatened. Badgers are known for punching above their weight, as seen in the video that went viral of the badger in Utah burying an entire cow carcass.

But despite their ferocity, badgers' future depends on farmers' help with habitat.

And they're getting it.

Over the past 30 years or so, various levels of government and conservation authorities have helped farmers replant thousands of acres of trees, and retire fragile land along creeks, rivers and lakes.

Those measures are vital for food, water and shelter for many wild animals, including badgers.

"There's a very strong and growing ethic in the farm community to appreciate and manage the landscape for biodiversity," says Harold Rudy, executive officer of the Ontario Soil and Crop Improvement Association. "We run a lot of conservation programs and workshops for farmers across Ontario, and they are almost always sold out."

Owen Roberts is an agricultural journalist at the University of Guelph. Follow him on Twitter at @TheUrbanCowboy.

The nocturnal creatures are sometimes scorned in the U.S. for leaving damaging holes. PHOTOS: COURTESY ONTARIO BADGER PROJECT

THE FUTURE *of* FARMING

Badger spotting
Spot a badger burrow on a hike? Call the hotline **1-877-715-9299** (toll-free) or email **info@ontariobadgers.org**. Badger burrows are about 10 inches in diameter and may have claw marks around their entrance. Call, too, if you find one killed on the road. It's better to do this sooner rather than later — before they decompose or become food for scavengers.

Kissin' cousins
Researchers set up Velcro "hair nags" at the top front of suspected badger burrows, to collect hair for DNA analysis. Because badger numbers are so few, studies can identify each badger through such analysis, and determine relationships between them — particularly, how inbreeding might be threatening the species' survival.

Researchers have fitted 10 badgers with radio transmitters before releasing them back into the wild.

FARM *poll*

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metro SPORTS

The Baseball Hall of Fame presented a plaque to Homer Simpson to honour the 25th anniversary of the Homer at the Bat episode

The future of Sens' roster

OFF-SEASON OUTLOOK

Murray Pam
FOR METRO

The Senators went their separate ways Saturday wondering what might have been. Lower- and upper-body injuries were revealed. And what will become of the current roster as several Senators contracts expire at 12:01 a.m. July 1?

However, prior to this — June 21 to be precise — is the expansion draft whereby one player will become a Vegas Golden Knight. After the team's terrific run, the scene now turns to the off-season.

Injuries

Defenceman Mark Borowiecki suffered a high-ankle sprain and tore two ligaments after crashing into the boards during Game 2 versus the Bruins in the first round. Alex Burrows left Game 3 against the Penguins with the same injury after being slew-footed. Cody Ceci broke a finger. Erik Karlsson will have his fractured heel attended to this week.

While Clarke MacArthur has a larger issue. MacArthur, who made a spectacular and surprising comeback from his fourth concussion late in the season, injured his neck during the playoffs. The 32 year-old will undergo a MRI in the near future, which may determine the next step in his career.

Restricted/ unrestricted free agents

Restricted free agents include Chris Driedger, Ryan Dzingel, Jyrki Jokipakka, Matt O'Connor and Jean-Gabriel Pageau.

The key player here is Pageau. The 24-year-old is coming off a deal that earned him $900,000 per season. Pageau is three years shy from unrestricted free agency and has earned a substantial raise. Expect the pesky centre to sign a long-term contract in the $2.75- to $3.25-million range.

Jokipakka, acquired from the Flames in the Curtis Lazar trade could leave for Europe. With goaltender Marcus Hogberg making the trek from Sweden to North America, expect one of Driedger or O'Connor to be on the move. Unrestricted Free Agents include Mike Condon, Chris Kelly, Chris Neil, Tom Pyatt, Viktor Stalberg and Tommy Wingels.

Kelly and Wingels have likely played their final games with the Senators. Neil is leaning towards playing one more season. Will the Senators reciprocate? Stalberg and Pyatt are useful role-players, but is there room for both?

Condon was general manager Pierre Dorion's greatest acquisition. The netminder's performance during Craig Anderson's absence saved the campaign. Dorion would like Condon to remain a Senator. This is a situation to watch around the expansion draft.

The Senators' magical post-season run came to an end on Chris Kunitz's knuckle-puck winner at 5:09 of the second overtime in Game 7 of the Eastern Conference final. KIRK IRWIN/GETTY IMAGES

Expansion draft

The Senators will protect seven forwards, three defencemen and one goalie barring any moves prior to June 17, when the organization must submit its list.

Up front, Derick Brassard, Mike Hoffman, Pageau, Mark Stone and Kyle Turris will be protected. Two of Dzingel, MacArthur, Bobby Ryan and Zack Smith will also be exempt from the draft.

Only being allowed to protect three D-men, the Senators have tough decisions to make on the back end. Karlsson is an obvious choice. Dion Phaneuf may be asked to waive his no-movement-clause, if Dorion can guarantee the upstart Knights won't select him. This would allow the club to keep Ceci and Marc Methot. If Phaneuf balks, the Senators could lose one of their top-four defencemen. Andrew Hammond will be the lone goalie made available.

There's no doubt Dorion and his management team have their work cut out for them.

Finally, I would be remiss if I didn't mention congratulations are in order for Nicholle Anderson. Nicholle announced this weekend in her blog, StickbyNik.com that she is cancer free. Metro Ottawa sends its best wishes to the Anderson family.

"The Senators will protect seven forwards, three defencemen and one goalie barring any moves prior to June 17.

Erik Karlsson and Sidney Crosby share a moment after Thursday's double-overtime Game 7. GETTY IMAGES

Ottawa has 'moved forward' from playoff run

2017 NHL PLAYOFFS
POST-SEASON WRAP

The Ottawa Senators weren't quite ready to go their separate ways.

Emotionally drained after a deep playoff run came to an end with a Game 7 double-overtime loss last week in Pittsburgh, the Senators cleaned out their lockers Saturday still thinking about what might have been.

"I think it's going to take a while to get over to be honest with you," said defenceman Dion Phaneuf. "You reflect and you see the guys and it's a tough day because we went through a lot as a team. It's a special group, one that I'll never forget being a part of."

Few hockey observers expected Ottawa to make it to the Eastern Conference final, yet alone come a goal away from knocking off the powerhouse Penguins. The Senators said they will use the playoff run as motivation for next season.

"You gain a new appreciation of how hard it is to get this far, especially in the post-season, and what it takes mentally and physically," said defenceman Marc Methot. Captain Erik Karlsson, who played with fractures in his left heel, said the experience will be invaluable to the Senators in the long run.

"We moved in the right direction, we moved forward," said Karlsson.

The Senators faced adversity right from the start of the season.

Veteran forward Clarke MacArthur suffered a concussion after being hit in a scrimmage during training camp. A few weeks later, the team learned that No. 1 goalie Craig Anderson would be out indefinitely after his wife, Nicholle, was diagnosed with throat cancer.

Despite the many hurdles, the Senators persevered.

Netminder Mike Condon was acquired and he helped Ottawa stay on track by making 27 consecutive appearances in Anderson's absence. Anderson returned to the team in February and was one of the best players down the stretch and through the playoffs. On the morning of Game 7, he learned his wife's cancer was in remission.

On Saturday, Nicholle shared the news publicly, tweeting: "The two words we prayed to hear...CANCER FREE!"

THE CANADIAN PRESS

IN BRIEF

Totti, 40, calls it a career after 25 years with Roma

It was a celebration tinged with tears, fear and love.

Francesco Totti bid an emotional farewell to Roma after a remarkable 25-season career with his hometown club on Sunday, contributing to a 3-2 win over Genoa in Serie A that secured the Giallorossi a spot in the Champions League.

THE ASSOCIATED PRESS

Cashner and Rangers end Blue Jays' 5-game streak

A solid start from Texas right-hander Andrew Cashner brought an end to the suddenly surging Toronto Blue Jays' season-high five-game winning streak.

Cashner (2-4) allowed one run and just five hits over seven innings to help the Rangers (25-26) avoid a sweep with a 3-1 win in front of 46,188 fans at the Rogers Centre on Sunday.

THE CANADIAN PRESS

Dutchman Dumoulin digs deep to win Giro d'Italia

Tom Dumoulin won the 100th Giro d'Italia in dramatic fashion Sunday, reclaiming the overall lead in a final-stage individual time trial. It's the first Grand Tour victory for Team Sunweb's Dumoulin.

The Dutchman entered the final stage in fourth position but finished far enough ahead of his rivals over the flat 29-kilometre route from Monza's Formula One race track to Milan's cathedral to move back into the lead. THE ASSOCIATED PRESS

Kisner holds off Spieth to seal victory at Colonial

Kevin Kisner birdied the first three holes on the back nine to take the lead and held on to win at Colonial despite a Sunday charge by defending champion Jordan Spieth.

Kisner shot a 4-under 66 to finish at 10-under 270 in Fort Worth, Texas, including a clutch par save on the 18th hole after a wayward tee shot and an approach that was off the back side of the green and well below the hole. He finished one stroke ahead of Spieth, Sean O'Hair and Jon Rahm.

THE ASSOCIATED PRESS

MAKE IT TODAY

Classy Macerated Strawberry and Mascarpone Mint Parfaits

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

These simple to assemble treats make a special dessert or breakfast.

Ready in 2 hours, 40 minutes
Prep time: 40 minutes
Makes: 6 to 8 parfaits

Ingredients
- 16 oz fresh strawberries, hulled and quartered
- 1/4 cup sugar
- 1 cup mascarpone cheese
- 2 lemons, zest and juices
- 5 to 7 mint leaves, finely chopped
- 1 Tbsp sugar
- 2 tsp vanilla extract, divided
- 6 full-size graham crackers
- 1 cup oats
- 1/4 cup butter (1/2 stick), melted
- 2 Tbsp brown sugar
- 2 cups whipping cream, plus 2 Tbsp
- 1 tsp lemon zest

Directions

1. Mix the strawberries with sugar and zest and juice of one lemon. Refrigerate at least 2 hours.

2. Mix the mascarpone with lemon juice and zest, reserving 1 teaspoon for whipped cream. Add vanilla and sprinkle in mint. Stir in 1 tablespoon whipping cream. Blend until smooth.

3. Preheat oven to 325. Place graham crackers and oats in a food processor and buzz till like bread crumbs. Transfer to a bowl and mix in melted butter and two tablespoons brown sugar. On a baking sheet lined with parchment paper, spread crumbs out in an even layer. Bake 15 to 20 minutes, or until golden brown. Once cooled, store the crumbs in an airtight container or mason jar.

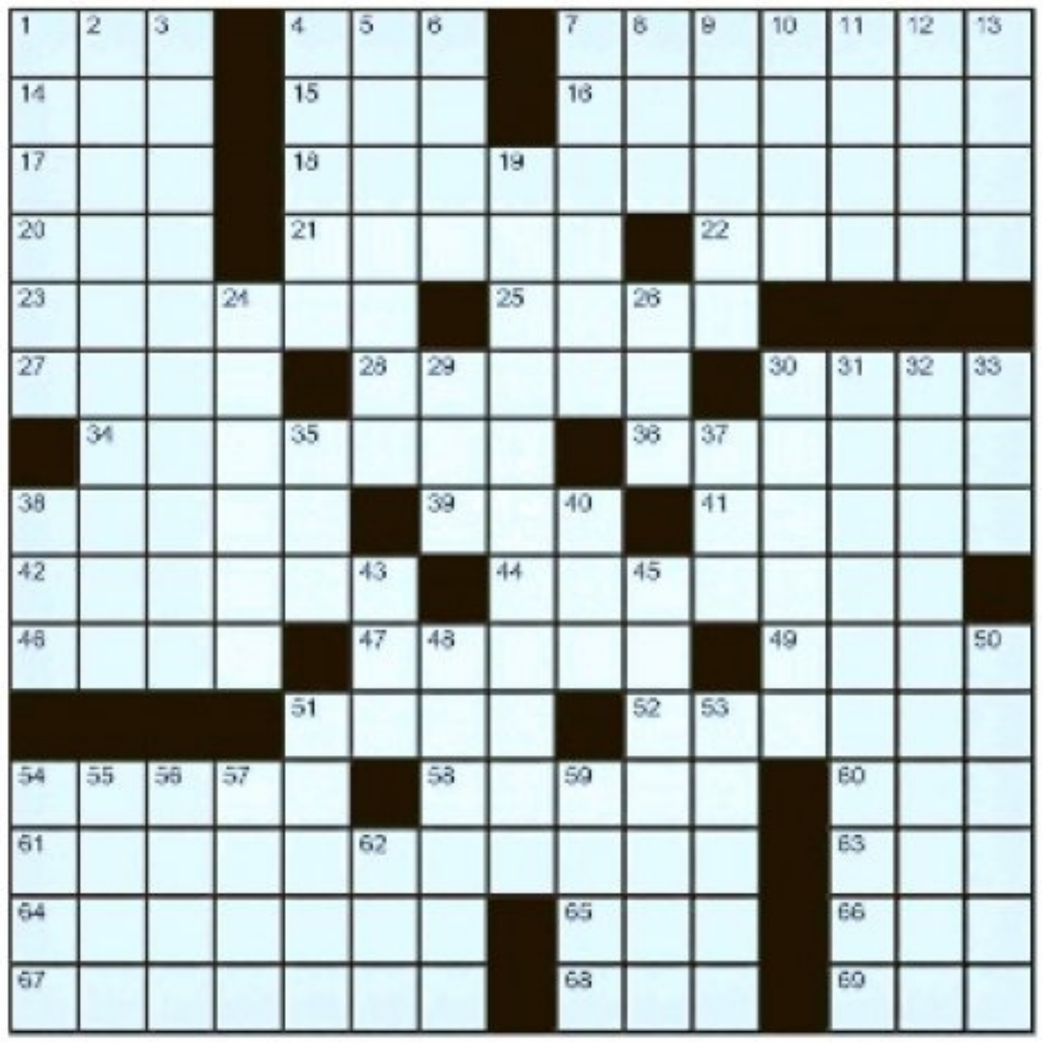
4. Using a stand mixer or electric hand mixer, mix whipping cream, lemon zest and vanilla until soft peaks form. Scoop into a piping bag.

5. Assembly: In a shallow dessert cup, put about two tablespoons of the graham mixture, two tablespoons of the mascarpone mix, a tablespoon or two of the strawberries, some more mascarpone and then top the whole lot off with some whipped cream and a teeny piece of fresh mint.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Inclined
4. Humanities degs.
7. Montreal-born writer Mordecai
14. Thoroughfare topping
15. Qty.
16. Air Canada's in-flight magazine
17. Gladiator's 601
18. Grass emblem of Alberta: 2 wds.
20. US dog org.
21. __ course (Soon enough)
22. Web commerce
23. Hamlet in Alberta north of Grande Prairie
25. Scream
27. Deer Lake's prov.
28. "Long Tall __" by Little Richard
30. Climb
34. Luba hit tune: 3 wds.
36. Blood vessel implants
38. MasterCards rivals
39. Embassy diplomat [abbr.]
41. "Where __": Beck hit in 1996
42. "The __" by The Band
44. Double-reed instrument
46. SINs equivalents in The States
47. Humble
49. Ye's antiquated follower
51. Figure skater Johnny
52. Certain cars
54. Hidden hoard
58. Stranger
60. 'Persist' suffix
61. Provincial Park in Ontario sharing the name of the Lake Erie village where it is situated: 2 wds.
63. Marriage notice word
64. Outfits
65. From __ Z
66. Late-summer fair in Toronto [acronym]
67. Sort of red-dish-brown
68. Equivalent word in a thesaurus, for short
69. NFL field measurements

DOWN
1. When the first sunny crack in the day arrives: 2 wds.
2. Total tales: 3 wds.
3. Fills up bit by bit: 2 wds.
4. Comedian/actor Cheech
5. Amidst
6. Particular poker
7. Fix a shoe in a way
8. Like Beethoven's 'Pastoral' symphony, __ Major
9. Angler's basket
10. Party thrower
11. __ Brasi, "The Godfather" (1972) enforcer
12. Needle case
13. Merry dance
19. Bandleader of The Royal Canadians: 2 wds.
24. 'This is owned by me' info providers: 2 wds.
26. Variantly-spelled French lily
29. Range cooker name
30. Do some updating in the workshop
31. Financial woe
32. Emulate spiked hair: 3 wds.
33. Approx.
35. Suffix meaning 'like'
37. Shakespearean contraction
38. 'Das Auto,' cars, briefly
40. __-relief
43. __ Bo (Fitness system)
45. LXX
48. Diagnostic test
50. Makeup maven Ms. Lauder's
51. "What place?"
53. Joe __ (Playwright of What the Butler Saw!)
54. Space sparkler
55. Anti-apartheid activist Desmond
56. __ & Sciences
57. Water __ (Summertime gear)
59. "Buenos __!"
62. However

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a playful, fun-loving day. You will enjoy socializing with others. Sporting events will particularly appeal to you, along with fun activities with children.

Taurus April 21 - May 21
This is more of a personal day for you. You might like to withdraw or retire somewhere quiet, especially your home where you can feel relaxed and protected.

Gemini May 22 - June 21
This is a fast-paced, busy day for you. The upside is that your daily environment is stimulating! You might meet new people and see new situations. You certainly can learn something new.

Cancer June 22 - July 23
Money and possessions are a priority for you today. (You're never casual about money.) If out shopping, you will be careful and wise.

Leo July 24 - Aug. 23
Today the Moon is in your sign, boosting your energy and making you more emotional. This happens for two days each month. (Yes, the Moon will be in your sign tomorrow, too.)

Virgo Aug. 24 - Sept. 23
Because you have been high-viz lately (and this will continue this week), use today and tomorrow to catch your breath. Hide somewhere, if you can.

Libra Sept. 24 - Oct. 23
An interaction with a female friend will be important today. You might want to discuss travel plans or something related to publishing, the media, medicine and the law.

Scorpio Oct. 24 - Nov. 22
This is a good day to think about your life's direction in general. What do you see for yourself in the next five years? What about this year?

Sagittarius Nov. 23 - Dec. 21
You are the traveller of the zodiac — no question. Today you would love to get away and see someplace different. If you can't, be a tourist in your own city.

Capricorn Dec. 22 - Jan. 20
Start this week by tying up loose details with taxes, debt, bills, inheritances and shared property. Get some of this stuff out of the way. (You'll love yourself for this later.)

Aquarius Jan. 21 - Feb. 19
You will have to go more than halfway when dealing with others, because the Moon is opposite your sign today and tomorrow. This simply requires courtesy and cooperation.

Pisces
Feb. 20 - March 20
Think about how you can get better organized today so that you feel more on top of your scene this week. Do you have any good ideas?

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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		2				4		
			6					

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